



9. Cross Triathlon Friedrichroda
99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

Stasek, Tomas

Total time: 2:04:27

Club: GRAFE Advanced Polymers GmbH
Number: 169

Course: 29.40 km
Einzel Cross (0.4 / 23.0 / 6.0)

Rank in course/Total: 110 (of 132)
Rank in course/Men: 98 (of 113)
Best time in course: 1:21:31

Category:
Triathlon Männer AK30

Rank in category: 32(of 35)
Best time in the category: 1:23:47

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.40	8:33	21:22	16	1:38	37	2:48	0.40	8:33	21:22	36	1:01	114	1:12
Rad	23.00	1:13:34	3:11	32	11:13:34	95	11:13:34	23.40	1:22:07	3:30	15	4:57	112	15:43
Lauf	6.00	42:20	7:03	31	17:28	104	17:28	29.40	2:04:27	4:13	32	40:40	98	42:56